

### Introduction

Culture Shock is the physical and emotional discomfort one suffers when living in another country. Most likely everyone will go through some degree of culture shock. It is a natural process.

### Stages of Culture Shock

- 1. The Honeymoon Stage:** Everything is new and exciting and one feels as though one is on vacation.
- 2. The Hostility Stage:** One may start to have difficulties adjusting and therefore start to criticize the culture. This may happen when a person is trying to adapt to a new culture. Things are no longer new and exciting.
- 3. The Depression Stage:** Negative feelings reach a climax and one feels lonely and negative. Boredom sets in and working full-time becomes very difficult. One doesn't want to be involved in the community. The transition between old methods and new ones can take time.
- 4. The Acceptance Stage:** One realizes the good and the bad about the culture. One starts to become more comfortable and makes friends as the understanding of the new culture begins.

### Symptoms of Culture Shock

- Homesickness
- Boredom
- Withdrawal (or mixing only with people from one's own culture)
- Sleeping too much
- Feeling irritated with others
- Not being able to work well
- Lack of confidence
- Sadness and loneliness
- Crying for no particular reason

### Adjustment Issues

- The uprooting trauma
- Rural-urban adjustment
- Loss of social support system
- Change in economic status
- Adjustment to educational system
- Parenting dilemmas /role reversal
- Culture Shock

### Cultural Sensitivity



Like an iceberg, the part of culture that is visible -observable behavior - is only a small part of a much bigger whole.

### 10 Steps to Cultural Sensitivity

1. Take the initiative to make contact.
2. Show respect for other cultures, languages, and traditions.
3. Learn how to pronounce names correctly.
4. Be sensitive to others' feelings regarding their homeland.
5. Speak slowly and clearly.
6. Be yourself.
7. Take time to listen.
8. Don't make promises you won't or can't fulfill.
9. Be genuine with your friendships.
10. Don't allow cultural differences to become the basis for criticism and judgments.

### 10 Tips for Better Communication

1. Use both verbal and nonverbal communication.
2. Cultivate patience and listen attentively.
3. Show interest in learning about other cultures.
4. Avoid stereotypes.
5. Check what you think you heard.
6. Accept silence.
7. Do not make quick judgments.
8. Ask open ended questions.
9. Speak slowly in plain English.
10. Do not ask too many questions.